



INDEPENDENCE COLLEGE

Opportunity Awaits!

Mission: *Individuals with developmental disabilities gain control and exercise self-direction in their lives.*

Information Sheet

About Independence College:

Independence College is an education opportunity that includes classes for people with disabilities to learn skills that will assist them in pursuing independence. Students will follow the program shown below, and will have the opportunity to become actively involved in a project of their choice.

Why is Independence College Unique?

- You will develop and improve self-advocacy and leadership skills
- You will build self-confidence through hands on activities
- You will explore ways to become more involved in your life and community
- You will build a Portfolio to show your development
- You will focus on topics that are important to you (Practicum)

Course #	Course Title	Hours, Sessions
	Orientation. Required for all students.	
	A total of 6 Core Classes is Required.	
	The 3 classes below are required of all students.	
1	Basic Self- Advocacy	2 Hours, 1 Session
2	Self-Direction	3 Hours, 1 Session
3	Explore, Prepare, Act	2 Hours, 1 Session
	Choose ONLY 3 classes of the 5 below.	
4	Choice and Control	2 Hours, 1 Session
5	Awareness and Action	3 Hours, 1 Session
6	Voting	2 Hours, 3 Sessions
7	Basic Legislative Advocacy	2 Hours, 2 Sessions, 3 Hours, 1 Session at MA State House
8	How to be an Active Board Member	2 Hours, 1 Session
	Practicum. Required for all students. Each individual student will determine their own project.	

For Help or More Information on Independence College:

Training Coordinator: Lee Larriu

Lee.larriu@state.ma.us

Phone: 617. 770.7676 ext. 118

www.mass.gov/mddc or www.mass-advocates.org



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INDEPENDENCE COLLEGE – STUDENT INFORMATION SHEET **APPLICATIONS DUE: FRIDAY, SEPTEMBER 11TH, 2015**

Name: _____

Address: _____

Town/Zip Code: _____

Phone number: _____

E-mail Address: _____

Students must commit to all three required parts of Independence College.

Requirements include: • 1 Orientation • 6 Classes • Student Practicum

Class Year: October 2015 to September 2016

Class Schedules: Classes will be offered at many times and locations during the year.

Please answer the following questions:

1. Please tell us a little about yourself and your interests. *You may add a page to this application if you need more room to write your answer.*

2. Please tell us why you want to join Independence College. *You may add a page to this application if you need more room to write your answer.*

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3. Do you enjoy learning new things? Yes ☐ No ☐

4. Do you enjoy meeting new people? Yes ☐ No ☐

5. Please list 3 goals you have for yourself?

1. _____

2. _____

3. _____

Independence College

Independence College is an education opportunity that includes classes for people with disabilities to learn important skills that will help them to be more independent. Students will follow the schedule below, and will have the opportunity to become actively involved in a project of their choice.

The Program:

Orientation: All students must complete the orientation class before starting Independence College.

Core Classes:

Required Classes: All students are required to take these 3 classes.

Basic Self-Advocacy: Learn what is self-advocacy including a short world and MASS history and how to get involved.

Self-Direction: In this class we discuss the choices we make small and big and how they relate to bigger goals in our lives such as education, our living situation, recreation and what we do in our spare time or employment.

Explore, Prepare, Act: Basic skills on what to do to get a job. Videos, interactive activities support how to get started.

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Elected Classes: All students will take 3 of the 5 classes listed below after finishing the 3 Required Classes.

1. Choice and Control: Individuals have the right to make their own decisions. This training assists individuals in how to get support if needed to support their decisions and role playing on what to do.

2. Awareness and Action: Educating Persons with Disabilities to Recognize, Report and Respond to Abuse. Videos, activities help you learn what to do.

3. Voting: Project Vote Soup to nuts on voting from why voting is important in your life, registering, your rights, how to pick a candidate on the issues, the act of voting, ways to support voting and how to support it in your community.

4. Basic Legislative Advocacy: Learn about the MA legislature, who your representative and senator are. Includes visit on MASS Legislative Education Day.

5. How to be an Active Board Member: Training and comprehensive sectional work book for self-advocates, the supporter and Board or committee members on questions to consider being on a committee, support and what committee members need to consider to support and consider when running a board or committee to make it accessible and supportive.

Practicum:

The Practicum is an opportunity to use the skills that you have learned in the classes to work independently on a project that is of interest to you. Students will propose their ideas for their practicum and work with the Independence College training coordinator to become actively involved in a project or group activity. Students will keep a Portfolio of the things that they do and classes that they attend during Independence College. Please see the Course Booklet for examples of how to do the practicum.

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Upcoming Class Dates: Phase 1

Orientation

Date: Tuesday, October 6, 2015

Time: Session 1: 1:00pm to 3:00 pm

Session 2: 6:00pm to 8:00pm

Location: 100 Hancock Street, Suite 201, Quincy, MA 02171

Basic Self-Advocacy

Date: Tuesday, October 20, 2015

Time: 6:30 pm to 8:30 pm

Date: Thursday, October 29, 2015

Time: 1:00 pm to 3:00 pm

Self-Direction

Date: Tuesday, November 3, 2015

Time: 1:00 pm to 3:00 pm

Date: Thursday, November 12, 2015

Time: 6:30 pm to 8:30 pm

Explore, Prepare, Act

Date: Monday, October 26, 2015

Time: 5:30 pm to 8:30 pm

Date: Monday, November 16, 2015

Time: 11:30 am to 2:30 pm

Phases Meeting

Date: January 13, 2016

Time: Session 1: 1:00pm to 3:00pm

Session 2: 6:00pm to 8:00pm

Location: 100 Hancock Street, Suite 201, Quincy, MA 02171

All Locations will be accessible and in the Greater Boston Area. Please note: Some locations have already been determined and are noted.

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